



Baked Camembert with Pears

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



20

CALORIES



58 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup marcona almonds chopped
- ☐ 2 bosc pears cut into thin wedges
- ☐ 8 ounces camembert cheese cut cubes plus extra to put on top ripe (one round)
- ☐ 2 teaspoons juice of lemon freshly squeezed
- ☐ 1 tablespoon maple syrup pure
- ☐ 1 tablespoon pear brandy
- ☐ 1 pinch salt

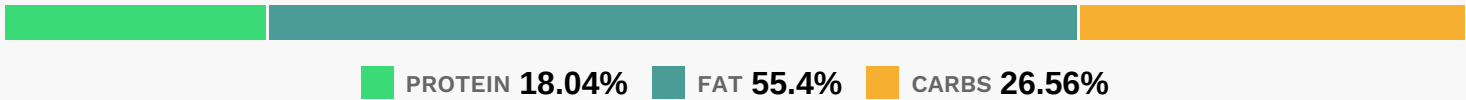
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat the oven to 40
- ☐ Put the Camembert in a small baking dish. In a bowl, combine the brandy, maple syrup and salt and pour over the cheese.
- ☐ Bake for about 7 minutes, until the cheese is very soft. Spoon any liquid over the cheese and sprinkle with the almonds. Toss the pears with the lemon juice and serve alongside the cheese.

Nutrition Facts



Properties

Glycemic Index:7.35, Glycemic Load:1.1, Inflammation Score:-1, Nutrition Score:2.2360869361007%

Flavonoids

Cyanidin: 0.43mg, Cyanidin: 0.43mg, Cyanidin: 0.43mg, Cyanidin: 0.43mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 0.71mg, Epicatechin: 0.71mg, Epicatechin: 0.71mg, Epicatechin: 0.71mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 57.75kcal (2.89%), Fat: 3.67g (5.65%), Saturated Fat: 1.81g (11.29%), Carbohydrates: 3.96g (1.32%), Net Carbohydrates: 3.16g (1.15%), Sugar: 2.55g (2.83%), Cholesterol: 8.16mg (2.72%), Sodium: 97.72mg (4.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.69g (5.39%), Vitamin B2: 0.09mg (5.49%), Calcium: 51.6mg (5.16%), Phosphorus: 50.21mg (5.02%), Manganese: 0.08mg (3.86%), Vitamin E: 0.5mg (3.36%), Fiber: 0.8g (3.2%), Selenium: 1.74µg (2.48%), Vitamin B12: 0.15µg (2.46%), Zinc: 0.35mg (2.34%), Folate: 9.21µg (2.3%), Magnesium: 8.63mg (2.16%), Vitamin A: 97.67IU (1.95%), Copper: 0.04mg (1.8%), Vitamin B5: 0.17mg (1.73%), Vitamin B6:

0.03mg (1.69%), Potassium: 58.58mg (1.67%), Vitamin C: 0.99mg (1.2%)